

SPORT, PHYSICAL ACTIVITY AND RECREATION BRANCH - SPAR -



January 2021

Winter Walk Day - Wednesday February 3

Winter Walk Day is all about encouraging Albertans to stay active in the winter. Walking 15 minutes every day can have a positive effect on your productivity, overall health, and quality. Staying active during the winter is important to maintaining a healthy lifestyle, and it can be as easy as going outside for a 15 minute walk.

Research shows spending time outdoors being active is excellent for both your mental and physical health. This is important every winter, a time mostly spent cooped up inside, and it's especially relevant now as we face the added challenges brought by the global pandemic.

You don't have to wait for Winter Walk Day to start getting active...any day can be an active day, you just have to open the door and go for it.

Put together a group of friends, co-workers, or students, and register your walkers with [Safe Healthy Active People Everywhere \(SHAPE\)](#). Let's strive to get outside, follow all [Covid 19 health guidelines](#), enjoy fresh air, and celebrate our own mental and physical health by taking some time for a glorious winter walk!

Concussion in Sport Virtual Symposium - February 9

Concussion safety in Canadian sport has advanced significantly in recent years. The harmonization of evidence-based protocols through every level of sport has been at the heart of Canada's leadership and success.

On February 9, join the Sport Information Resource Centre for the 2021 Canadian Concussion in Sport Virtual Symposium. This virtual event will showcase the latest concussion data, innovative programs and tools, and critical new areas of research.

If you are involved with a national, provincial, territorial, or community sport organization, you won't want to miss this!

[Register Today](#)

Community Connection Resource - Building Resilience

Alberta Emergency Management Agency has developed a micro video on developing community connections. It helps in dealing with the current restrictions and encourages making connections in a safe and virtual way.

Watch the [video](#) to learn more!

Volunteer Board of Directors

Much of the Canadian sport, physical activity and recreation system relies on volunteer boards of directors that govern community, provincial/territorial and national sport organizations. With these roles come serious responsibilities. The bottom line: any board of which you are a member is 100% accountable for 100% of what happens in that organization.

[Learn more in the first Sport Information Resource Centre blog of a series on organizational governance.](#)

Board Development Webinar Series

Our colleagues at the Community Development Unit are pleased to present the 2021 Board Development Webinar series. These 1.5-hour or 2-hour live, interactive webinars will provide you with valuable information on nonprofit governance and related topics and will also give you the chance to ask questions, see what other organizations are dealing with, test your knowledge

and receive additional informative resources and handouts in different relevant areas.

For more information, a complete schedule, and to register for these Zoom Webinars, please visit <http://albertacdu.eventbrite.com/>

Afternoon Sessions

Time: 1:30 pm

Location: Zoom

Registration Fee: Free

Evening Sessions

Time: 7:00 pm

Location: Zoom

Registration Fee: Free

Improve your board leadership.

Board Development Webinar Series

- Understanding Your Legal Landscape
- Board Roles and Responsibilities
- Legal Responsibilities
- Organizational Purpose and Planning
- Financial Responsibilities
- Risk Management
- Committees and Meetings
- Building a Strong Team and Effective Relationships

Free Live Interactive Webinar

Grant Writing 101

The Role of the Board's Chair

Cybersecurity: What's the Board's Role?

Alberta

Afternoon and Evening Sessions

Register on:

<http://AlbertaCDU.eventbrite.com>

Travel Alberta -upcoming webinars

Travel Alberta is pleased to announce their New Year webinar lineup. Of particular interest to SPAR stakeholders, please see the February 4 – Google Guide for SMEs.

Learn more about Google My Business and other tools that can help enhance your business's online presence.

[Register Today](#)



CANADIAN SPORT
HELpline

1-888-83SPORT (77678)
8 am - 8 pm (ET)
7 days a week

info@abuse-free-sport.ca
www.abuse-free-sport.ca



Concussion Awareness

The #HeadstrongCanada campaign is based on the Government of Canada's Concussion Framework and the Concussion Awareness toolkit, is designed to give every sport organization the resources they need to show they are concussion smart and to learn the key points in concussion awareness.

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